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ST. MELANIA

St. Melania died 1555 years ago on Dec. 31/Jan. 13. She had attended Christmas services in Bethlehem only a week prior in the year 439.

Her life is interesting because she is a fine example of having faith and practicing good works.

She was born in Rome into an extremely wealthy family. When she reached puberty, she was married against her wishes to Valerius Pinian, who was also very wealthy and famous. She bore two children who died in infancy. Rather than reproach God, she prayed and asked for direction. Along with her husband, they decided to sell all their property and their precious belongings and use their money for good deeds and charity. They paid for the release of prisoners, helped the poor, found housing for the homeless, aided in the large-scale emancipation of slaves, and helped and started churches and monasteries. Her family was very disturbed by this largess (charity), and they appealed to Emperor Honorius to obtain guardianship. He listened to the case and decided for Melania and Pinian. Their change in lifestyle, which was devoted to good deeds, prayer and fasting also dismayed their families.

Melania and Pinian moved to Egypt, where they visited famous spiritual guides. They settled in Egypt in Nubia in the Nile Valley, where they founded both women's and men's monasteries and settled into them.

After a time, they decided to make a pilgrimage to the Holy Land. When they finally made the trip, they visited the places where Jesus walked and preached and suffered and died. Praying fervently, sometimes several days and nights at the various sites, they decided to live here. While exploring the area, Melania found some women living in caves dug out of the hillside. Although she was financially able to live in more comfort and with more conveniences, St. Melania moved into one of the cells.

(Continued on Page 45, Col. 1)

There's no reason I should doubt
When days are dark and dreary
and my spirits are brought low,
You give words of peace and comfort
to my body, mind and soul.

CRUELTY TO CHILDREN

No matter how many times I hear it, I am disturbed by the Gospel reading for Dec. 29 - Matthew 2:13-23. It concerns the killing of 14,000 innocent children in Bethlehem and in the surrounding area. It further reads that Jeremiah's prophecy has come true: "Lamentation, weeping, and great mourning, Rachel weeping for her children." No wonder!

Could such cruelty to children be possible today? Yes. So let's consider in how many ways.

Lord, we pray Thee for the Holy Innocents of today. For children slaughtered by drunken and careless drivers, for children killed before they are born, for children murdered by adults they trust, for children bitten by rats, cruel politicians; for children exposed to crime and vice, for boys and girls poisoned in body, soul, and mind by the impure; for youth seduced by movies and videos and brutalized by television, for children impressed with false outlooks by adult media and uncaring role models; for youth swindled out of an education by uncaring teachers, for children defrauded of faith by the faithless; for infants suffering the cruelty of alcoholism and drugs in homes, for children pushed out of the gardens of childhood by the desire of social glory by the parents, for the young calloused by commercialized Christmas, for those whose parents love them less than they love their autos, their status, their possessions, for children who have no homes, and for the millions whose houses are not homes; for children hungry every day, for youth suffering from adult delinquencies, for children suffering from neglect, for children with no hope of what they see other children enjoying. We ask it all in the Name of Jesus, the Child whose birth has not yet come into some dark-hearts.

ORTHODOX LENTEN PERIODS

There are four lenten periods on the Church Calendar. The Great Fast precedes Pascha/Easter. It begins on a Monday of the first week after Cheesefast Sunday and extends until the Friday of the sixth week and the fast of Holy Week. These two fasts are united by two days, the Resurrection of Lazarus, known as Lazarus' Saturday, and Christ's Entrance into Jerusalem, known as Palm Sunday. The whole preparation for this Great Fast is seven weeks long.

The Holy Days of SS. Peter and Paul in June, the Falling Asleep of the Mother of God (Dormition) in August, and The Nativity of Jesus (Christmas) are specially prepared for by varying lengths of fasting.

In contrast to the Great Lent, these three are called "Small Fasts." They are usually kept less severely by people who observe it by fasting on Monday, Wednesday, and Friday.

The small fast of SS. Peter and Paul in theory lasts 40 days, but as no fast can take place until after the Pascha/Easter season, it actually begins on the Monday after the first Sunday after Pentecost. Since the day of Easter varies so does the length of this fast. The later the date of Easter, the shorter the fast.

The Dormition Fast we observe in August is two weeks long – from the 1/13 to the 14/27.

The small fast of Christmas is forty days long from the 15/28 of November until the day of the Nativity.

Besides these four periods of Lent, there are two Holy Days which are observed as days of fast: The Beheading of John the Baptist (August/September) and the Exaltation of the Holy Cross (September).

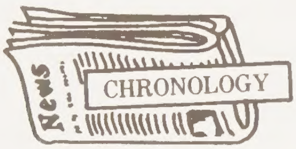
It is said that half of the year is observed as fasting.

But there are times when fasting is forbidden: From Dec. 25/Jan. 7 to Jan. 5/18.

The week following the Sunday of the Publican and Pharisee. (Sometimes in February).

(Continued on Page 45, Col. 1)

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DECEMBER 1996

DIED: Matushka Natalie Rozdilski in Port Richey, FL. She was the wife of Fr. Raphael Rozdilski.

THE MYSTERY OF THE SHROUD OF TURIN continues. John Jackson, director of the Turin Shroud Center in Colorado Springs, visited many institutes in Russia recently. He told Bishop Alexander Sokolov that: "We think the shroud was in possession of the Eastern Church for 1,000 years before it fell into the hands of the Western Church." The Jacksons were later shown icons from the 11th to the 17th century that bore a striking resemblance to the face on the shroud. Meanwhile, in Italy, the image of a Roman coin, which had markings showing that it was from the 16th year of the reign of Roman Emperor Tiberius or 29 AD seen on the shroud, is said in effect to date the shroud.

SCHOLARSHIPS are available for students who fit into many categories. For information on obtaining these lists, send a self-addressed, stamped #10 envelope to: The US Commission for Scholastic Assistance, PO Box 668, O'Fallon, IL 62269.

CATHOLIC RELIEF SERVICES is concerned about losing some government funding. It now received seventy-three percent of its annual $317 million budget from the US government, with remaining twenty-seven percent from other sources.

THE FIRST THURSDAY IN MAY has been approved as an annual prayer day in Pennsylvania. The one-sentence act reads: "The first Thursday in May of each year shall be designated 'Commonwealth Day of Prayer and Celebration of Religious Freedom,' on which the people of this commonwealth may turn to God in prayer and meditation and on which freedom of religion in this commonwealth may be celebrated."

THE POLISH PARLIAMENT has voted to shelve a 26-article agreement between the government and the Vatican, which would have given preferential treatment to the Roman Catholic Church. The concordat would have given the Church the right to conduct religious classes in public schools and would have declared seven Catholic feast days as national holidays among other things.

THE POSSIBILITY OF A COMMON DATE FOR PASCHA is being investigated by Patriarch Bartholemew. He is encountering much opposition for this controversial issue.

HAVEN'T HEARD MUCH ABOUT ST. SERGIUS SEMINARY IN PARIS, which furnished so many teachers at St. Vladimir's in New York. It, St. Sergius, has 17 on staff with 43 students. Correspondence courses are being taken by 250 people.

SOURCE MATERIAL for homeschoolers and parochial schools can be obtained from David and Mary Ford, PO Box 18, So. Canaan, PA 18459. The material has been classroom tested. Write for the Orthodox Christian Social Studies and History Curriculum.

ORTHODOX TRAVEL GUIDE presents hundreds of Orthodox shrines, churches, monasteries, etc. in the US and Canada. Send $19.95 to Orthodox Travel Guide, St. Jude's Church, 594 Fifth St. NE, Barberton, OH 44203.

A RETREAT FOR CLERGY, THEIR FAMILIES, AND OTHER CHURCH WORKERS can be made at St. Silouan Retreat, 6102 Rockefeller Rd., Wadmalaw Island, SC 29487 or call (803) 559-1404. Requested donation is $40 a day, which includes meals and pick-up at Charleston Airport.

Russian Proverb: Debt and Misery live on the same road.

DEVELOPMENT AND FUND-RAISING POSITION is open at The Orthodox Christian Mission Center, PO Box 4319, St. Augustine, FL 32085. Must relocate to St. Augustine. Write to above address or call George Parandes at (904) 829-5132.

SEND A SUBSCRIPTION TO THE Orthodox Herald for a gift that will be appreciated all year 'round.

MATUSHKA PETRETZKY lived in Perryopolis, PA from 1916-18. Fr. Basil, along with his cantor, Mr. Huzinec, went blessing houses by horse and buggy.

VENICE, ITALY there is a 400-year-old Orthodox Church of St. George, about a five-minute walk from St. Mark's Square.

ST. TIKHON'S is the oldest Orthodox monastery in America. The cupolas on the main church are leaking and must be replaced before water damages the beautiful interior, which is covered with ikons. Send help to Monastery of St. Tikhon, PO Box 130, So. Canaan, PA 18459-0121 or call for more info: (717) 937-4067.

THE THEOLOGICAL SEMINARY IN HALKI, Turkey was shut down by the authorities in 1971. This creates a problem because, under the 1923 treaty with Greece, the Ecumenical Patriarch must be a Turkish citizen.

WHEN THE SPACE SHUTTLE ATLANTIS went to pick up astronaut Shannon Lucid from the Russia's space station Mir, the two shuttles docked with the station, its lights flashed like a beacon, about 240 miles above the Carpathian Mountains (where we had visited a week earlier).

THE MORMON CHURCH is microfilming the records of the Eastern Churches in Galicia (Lemko) in southern Poland. These baptism, marriage, death, etc. records will soon be transferred from Polish archives to Ukraine archives in Kiev. These microfilmed copies can be obtained from the Mormon Church for a small fee.

IN EAST EUROPE the Orthodox Church is emerging from Communist oppression. So many of the people are enthusiastic but their knowledge about the faith is negligible. What they know is based on what they have heard from their parents or babas. Like one woman said: "I know that I should go to Sunday Liturgy and make the sign of the cross. I know nothing more – but I do so want to learn."

•St. Melania

After her husband died, she became an anchoress. She founded a monastery on the Mount of Olives and moved into a very small, unadorned cell/kellia. She lived here as a novice, eating only on certain days, sleeping on the ground and that only two hours a night, wearing only plain "cheap" clothing and setting herself a goal of reading through the whole Bible every three years. Many women were so impressed with her that they accepted the Christian faith. Her days also included the copying of books and the continuing of her charitable work.

She was acquainted with St. Paulinus, Blessed Augustine and St. Jerome and their works were some that she copied. She continued to teach about Christ and God. One day she heard from her relative in Constantinople. He was the senator Volusianus, who was a pagan. He had been hearing about the Christian faith from Augustine, but it was after discussion and prayer with St. Melania that he accepted the Christian faith.

As Her death was foretold. She died at the age of fifty-seven as our Russian source said in hlubokoy staroste (deep old age) at the age of fifty-seven – 1555 years ago in the year 441.

•Orthodox Lenten Periods

The week following Meat Fast Sunday (usually in March).

The week following Easter/Pascha.

The week following Pentecost (in May or June) and the week preceding SS. Peter and Paul Fast.

All Saturdays except Holy Saturday.

As we can readily see, it is necessary to have a calendar which has the Fasts and Feasts of the Church listed. Most parishes distribute them in December.

CHUCKLE

A busy shopper was driving home when she saw the sign: "Put Christ Back Into Christmas!"

She was quite annoyed. She said to her friend who was riding with her: "What next! Now the churches are poking their noses into Christmas!"

MISSION FUND

The Orthodox Herald is sent to many places to tell about our Holy Orthodox Church. The media neglects us. We must find other avenues to get the word out. Helping are: Julia Vanderpool, Julia Stefanick, Thomas Remchick, Anonymous (4), Elizabeth Nagorny, Mary Olariu, Mary Banks, Mary Kochmaruk, Ellen Molovitoff Miller, Ethel Watlock, A. Zahirsky.

THE ICON OF THE NATIVITY



The icon usually used at the Nativity of Our Lord is very complete. It fills the concept of a teaching icon. It has everything depicted on it; the Virgin, Joseph, the Child, the animals, the wise men, the shepherds, the angels, etc.

On some of the Nativity icons, the Mother of God is shown turned away from the Christ Child rather than looking at Him in adoration as her son and the Saviour. This seems strange, a mother turning away from her new baby. What does this signify?

An explanation is given based on Exodus 33:18-23 where God does not let Moses see His face. He said: "You cannot see My face; for no man shall see Me, and live."

By having the Mother of God turned away from the Christ Child it is a way of affirming iconographically the Divine Nature of her Son.

CREATION OR EVOLUTION

Sooner or later we all get around to asking the questions: From where did I come? How did I get here? What is my reason for being? Was the universe created by a supernatural intelligence – who exists apart from nature itself – or is it a cosmic accident – produced by time plus chance? Pope Paul recently made the news by giving a statement concerning change of position in the Catholic Church.

Two of the major theories which seek to answer these questions are evolution and creation. The Orthodox Church teaches creation.

Evolutionists or Darwinists claim we were produced by a blind, natural and purposeless process; that we were an unplanned accident of nature. We have no reason for being. Our lives have no meaning beyond that which we give them. If the universe collapsed tomorrow, nothing significant would be lost.

Creationists claim we were designed and created by a transcendent intelligence. "I believe in One God, the Father Almighty, Creator of heaven and earth, and of all things visible and invisible" (From the Creed). God Almighty created us in His own image and likeness. We have a noble mission to fulfill; namely, to bring about his highest pleasure and glory in this world and in the world to come.

These are the two major thought systems which seek to explain man's origin and the place which he holds in the universe. Neither theory can be scientifically proven or disproven. Creation was a one-time, nonrepeatable act. No human was there to observe it. Both positions are held by faith – faith which is based on the evidence which is available, and on one's ability to interpret it correctly.

The evidence which is available is the same for Creationists and Darwinist. The difference is not in the evidence. The difference is in the way the evidence is interpreted.

"Wondrous are Thy works O Lord, in wisdom hast Thou made them all."

CHRISTMAS TREE

I recently read the following statement: "There must be numerous households in America where no prayers are offered at Christmas, no carols sung, and no nativity story told. But there can be only a few households where there is no Christmas tree. The tree is required."

Jeremiah who lived around 600 years before Christ gave several sermons which are recorded in the Old Testament. In his third sermon (10:2-5), which topic was "Hypocrisy in Worship" he wrote: "Thus says the Lord: For the customs of the peoples are futile; For one cuts a tree from the forest, the work of the hands of the workman, with the ax. They decorate it with silver and gold; They fasten it with nails and hammers, So that it will not topple. They are upright, like a palm tree, And they cannot speak; They must be carried, Because they cannot go by themselves. Do not be afraid of them, For they cannot do evil, Nor can they do any good."

This article is not against Christmas trees; but a reminder that Christmas is something more than a tree. It is a Holy Day as well as a holiday. In the Orthodox home it is celebrated with solemnity as well as joy. In preparation for the day we have observed a fast of 40 days during which time at Matins we have sung the Christmas Canon: "Christ is born! Glorify Him! Christ has descended from heaven – receive Him! Christ is on earth – be uplifted! Let all the earth sing to the Lord, and you people, sing in gladness, for He is glorified."

If you are reading this prior to Christmas, why not add the Canon to your daily prayers?

ETHNIC CHUCKLE

Dorohaya Tyotya Maria,

Yak tam kolo vas? Toot not so hot. Shitke my-youth colds again. I guess toh yeh season nah toh. Remember zhe yah vam peesala za me next door neighbor, tohtah shto dumah zhe ohna taka special? Well me maleeh takee incident last week. Yeh husband dostal cold, che flu. Ohn takee hvoree but ohn neh let her call or take him doh doctorah boh ohn kazheh zhe ohn mah takee dumkey zhe first step go to doctor, then doctor send you to hospital, then you get sicker, then you die, then undertaker take you back home. Ohna yehmyu kazhe zhe ohn hysterical. Ohn yeh kazheh zhe his mother told him and she can't be wrong. Neighbor decided zhe he's too sick to argue with.

Anyway, ohnah neh znah what to do, boh ohn tak yoyka-yeh ee yoyka-yeh. Ohna meneh finally calluyeh nah telephone boh ohna taka desperate ee neh znah what to do. Ohna kazhe me: "Anne can you help me? I'm desperate. My husband is driving me crazy. You people seem to have so many home remedies. Can you help my husband? You can use anything but your famous garlic cure."

Yah bulla taka nice, yak me mamma taught me. Though yah seeing red kolee ohna kazhe me "you people." Noh yah decided yah peedo doh neighbora eeh budyu treatovatee yeh husband yak nashee treatovalee colds.

Yah peeshla tam doh next door neighbor housoo with torbah filled with "you people" remedies. First, yah pomazala yeho throat eeh hrudee with vicks. Then yah poklala piece old flannel nah top. Then yah dala yehmu nose drops. Yah plugged in me vaporizer boh bulloh tak dry oo houseye. Then yah fixovala yehmu hot tea ee blackberry venoh that yah robeelah last summer. Yah tak talking nice eeh soothing, yah pulled down the shades eeh yemuh saying that ohn budeh sweat not to worry and then ohn budeh feeling better.

Yah peeshlah domu. Later me husband called me to come over. Yeh husband ohn looked like new man.

Yah guess zhe me next door neighbor znah zhe "you people" know a lot only ohnah can't admit it.

If only I had goose grease,
Hanya

JESUS' BIRTHDAY

The room was filled with talking, laughing people. Brightly colored wrapping paper and fancy bows lay scattered on the floor. The adults sniffed perfume, exclaimed over the gifts and voiced appropriate thanks.

The children swooped first on one toy and then another as they eagerly looked and tried out the "just what I wanted for Christmas this year" gifts.

Suddenly I was aware that my 4-year-old niece was standing in front of me. Putting her hands on my knees, she said softly: "I know what day this is."

"What day is it?" I asked.

"This is Jesus' birthday!" her eyes shone with happiness that she could share her knowledge. Together each of us, in thoughts appropriate to our understanding and ages, felt the need to worship the Saviour on this, His day. I further said a silent prayer that she would always feel the joy in remembering Jesus' birthday in all her future celebrations of Christmas.

In our rush of preparations, joy in buying just the right gifts for loved ones, and of awareness of the needs of the less fortunate, let's not forget to motivate our children to remember whose birthday they are celebrating.

Behind my niece's simple words, I heard the echoes of her mother's wise preparation, her Sunday School teachers' efforts, and the heritage of faith she had received from her Christian relatives.

How will you prepare the children this year?

THE ROYAL HOURS

We may read in the church bulletin that the Royal or Imperial Hours will be served on the day prior to Christmas. What are they and why are they given this name?

They are called Royal or Imperial Hours for several reasons. For one they are read only on the eve of the most important days of Christ's earthly life on the vigils of the Nativity, Epiphany and on Good Friday. They are also given this title because of their splendor and importance. Lastly, in ancient times the Emperors and their families and entourage went in solemn procession to the principle church of the city for this service.

When the Royal Hours are read on the eve of the Nativity, the royal gates (in the center of the iconastasis) are opened, the priest takes the Gospel Book off the Altar Table and places it on a stand in the center of the church, symbolizing the presence of Jesus Christ.

Before the reading of each Gospel selection of each Hour the priest censes the church. The smoke from the incense recalls the frankincense and myrrh brought from the East by the Wise Men to the newly-born King.

This is only one of the services which enrich this Holy Day.

Dabs of Thoughts

Rosemary was at one time included in every Christmas wreath.

God bless those families or people who take time out to sing carols to shut-ins and people who cannot get to church.

Orthodox greetings:
Glory to Jesus Christ! Glory Forever! Slava Isusu Christu! Slava na viki!
Christ is among us! He is and always will be! Christos posredi nas!
Jest i budet!
Christ is born! Glorify Him! Christos rozdayetsa! Slaviti yeho!
Christ is Risen! Indeed He is Risen! Christos vozkrese! Voistenyu voskrese!

Psalm 15 gives a good description on what a man should be like. Put into poetry it reads:

The man of upright life, sincere in word and deed,
Who slanders neither friend nor foe, nor idle tales will heed.
Who honors godly men, but scorns the false and vile,
Who keeps his promised word to all, though loss be his the while.
Who loves not usury, nor takes a base reward:
Unmoved forever shall he be, and stand before the Lord.

One problem people have who had ancestors from southern Poland is that of identification. They consider themselves Galician, Lemkos, Austria-Hungarian, Carpatho-Russians, Ukrainian, Polish, etc.

Don't you get chills when you hear repeated over and over again on Christmas Eve: "S nami Boh!" "God is with us, Know ye nations and be subdued, for God is with us."?

We fuss about kneeling on Sundays and the use of English in the church while many Orthodox do not know or accept the basics of the faith. They challenge the Church on such subjects as whether Jesus existed, the virgin birth and the ever-virginity of Mary, the resurrection of Jesus Christ, fasting, premarital sex, abortion, foul language, astrology, homosexuality, the existence of heaven and hell, the need for attending services, etc.

The Mother of God is seldom depicted alone in ikons. Her Divine Son is always next to her and she stretches out her hand towards Him to tell us that He is the answer to all our troubles in a world that has removed itself from God.



EDITORS' NOTES

Four boxes of embroidery thread and other sewing supplies are on their way to two women's monasteries near Muchachevo, Ukraine. We have two more partially filled boxes that will be going out in a few months. We wish to thank all of you who have helped whether you have sent a few or many skeins put together, the sisters (nuns) will have so many different colors to work with.

We are working and finishing details to get a site on the Internet. The Orthodox Herald was the first paper to be published in the English language back in 1952, and we feel that it is time that we relate with the Computer Generation. What an exciting way to propagate and inform about the Orthodox faith!

We share the happiness of Father and Matushka Fedorchak of Monongahela, PA. They celebrated three big events recently – their 50th wedding anniversary, the 50th anniversary of Father's ordination and their 50th year of service at St. Mary's parish. The parish planned an exemplary celebration and gave them gifts that are unprecedented in Orthodox parishes. Axios!

This is December and the start of the snowy season. Skiers and owners of ski trails are praying for snow; while non-skiers are praying for a mild winter. After having the snow removed from the roof twice last winter at $400 a removal, we are in the second group.

No matter which calendar you observe, this time of year seems to bring out strong feelings of those involved in the calendar question. We reminisce with others and laugh about incidents when we all observed "Russian Christmas." We remember going out after 25 December and bringing home the beautiful, expensive trees which were left unsold on the sale grounds; if we didn't find one, there was always the tree complete with tinsel on the curb a day or two after December 25.

We went to the dime and drug store on December 26, and everything was half price. What a bonanza of gifts for the few dollars we had to spend. Unfortunately, not only the calendar date but times have changed, and it is said that the day after Christmas is the busiest shopping day of the year. At that time, the college year ran through January and it was difficult to explain to school authorities that we had to be off because we were celebrating Christmas in January. Somehow that seemed to give us strength and appreciate the occasion of the Nativity of Christ even more. It was a small test of our faith and we learned quickly and at an early age to defend this faith.

For those in despair, unhappiness or depression – listen to the words which are repeated so many times during this season – "God is with us!" What comfort this gives.

Christ is Born. Glorify Him.

The Stroyens

OBSERVATIONS FROM TOUR 1996

The knowledge and faith of the person living in the Carpathian area differs vastly from that of the person in America. For at least fifty years, religion was discouraged. Many of the people now living were taught anti-religious classes in school. Living under the communist regimes, they were forcibly made to confirm to whatever the authorities professed at the moment. Those who wanted to better themselves slowly withdrew from the church, as they wanted to advance in their positions or jobs. What happens now that there is religious freedom. It is limited according to the faith one may profess. Some churches are favored over others.

How does the church go about teaching and practicing the faith with the younger people – those who don't know anything about the church but have been brainwashed to the extent that they have no concept of God, or Christ.

As in this country, we found people of varying interest in matters of the soul. I will give examples of the fervor and the disinterest encountered.

We were in Europe during the Holy Day of the Beheading of St. John. Both Eastern churches – Orthodox and Byzantine celebrate on the Julian/Old calendar. One of our group members was a guest at her relatives' home in a village. Some of the family came late because they attended the vesper service. Talk at the table centered on this. What was this Holy Day all about? One of the older women was well versed in religion and proceeded to relate the significance of the Holy Day. Most people were interested but there were some older men, who had no use for religion, who were rude and tried to talk louder than she did. She did not deter from her mission and told the whole story to the edification of the people present who had little knowledge.

Then there were the men we passed who were standing near an outside shrine. We asked them if they were believers, thinking that we could gain more information about the situation in the area. One man answered: "Everyone believes in something." And the other men sneered.

We could not but contrast the situation at the blessing of the church in Krynitsa. It was raining. All roads were not paved. Everyone had to walk up a 1/4 mile steep hill to get to the church. The buses and cars disgorged people at the foot of the hill. Then everyone, even those with crutches and swollen legs with thin shoes, walked up that hill. The church was packed. Contrast this to that in the US with our pews, with cushions, air conditioning, carparks, coffee and meeting facilities – and almost empty churches.

We discussed the part young people take in the church. Perhaps, after being denied the solace of God, they appreciate the church. They attend most services. They make pilgrimages and processions to neighboring towns and villages, especially for the name day of the church. They carry banners and, singing and praying, walk many miles, starting early in the morning. The young people are the inspiration for the older people. They are the ones that are building new churches and revitalizing them. The priests are happy to note that there is a difference in morals between the church youth and those who are nonbelievers.

Perhaps the comment we heard most often from our tour members was: "That's the way it was. That's the way I remember the church."

ALASKA FUND

Each priest in Alaska has several parishes under his spiritual care. These parishes may be a distance from each other, and getting from one to the other is time consuming and often dangerous. The Orthodox Herald is appreciated. Sending help are: Julia Vanderpool, Julia Kulazenka, Anonymous (6), Ellen Motovitoff Miller, Mary Banks, Ethel Watlock, A. Zahirsky.



At our Welcome Dinner in Presov, Slovakia, we were served the traditional holiday meal – roast duck, dumplings and fresh stewed, sweet and sour cabbage. The cabbage was so good we asked the chef for his recipe. Since he was a friend of Betty Kovach, he was kind enough to cut the recipe down and run them off for us. The only problem was – he used the European measurements. This cabbage, Dusena Hlavkova Kapusta, is made in most of the Slavic countries. In Russian its name is very similar – Tushonaja Kislo-sladkaja Kapusta. This goes well with duck, goose, turkey or pork, which you may serve at Christmas or New Year's. The recipe is for 10 portions.

Sweet-Sour Cabbage

3 lbs. (15 cups) chopped cabbage
1 cup shortening
1 cup chopped onions
1 tsp. caraway seed
5 Tbls. sugar
3 Tbls. vinegar
1/3 cup flour
1 tsp. salt
broth, as needed

Saute chopped onion in shortening until light brown. Add sugar, vinegar, and pour a little broth over. Add chopped cabbage, caraway seed and salt. Saute until soft. Sprinkle flour over and mix in thoroughly until thickened. Add more broth if necessary. Taste and add one or all of the following: more sugar, vinegar or salt. This reheats well.

Optional: You may wish to use less shortening and more broth.



DECEMBER 1996

1 **Luke 18:18-27**	16 Mark 9:42-10:1
2 Luke 20:27-44	17 Mark 10:2-12
3 Luke 21:12-19	18 Mark 10-11-16
4 Luke 21:5-7, 10-11, 20-24	19 Mark 10:17-27
	20 Mark 19:23-32
5 Matt 11:27-30	21 Luke 16:10-15
6 Luke 6:17-23	**22 Matt 1:1-25**
7 Luke 13:18-29	23 Mark 10:46-52
8 **Luke 17:12-19**	24 Luke 2:1-10
9 Mark 8:11-21	25 Matt 2:1-12
10 Mark 8:22-26	26 Matt 2:13-23
11 Mark 8:30-34	27 Matt 21:33-42
12 Mark 9:10-16	28 Luke 17:3-10
13 Mark 9:33-41	**29 Matt 2:13-23**
14 Luke 14:1-11	30 Mark 12:13-17
15 Luke 14:16-24	31 Mark 12:18-27

BIBLE STUDY

The story about the Rich Young Man can be found in three of the Gospels. Matthew 19:16-30, Mark 10:17-27, and Luke 18:18-30. The readings from Matthew and Luke are heard during the Sunday Divine Liturgy in August and in December. The one from Mark is read on a Thursday.

Why the importance of this story? The rich young man is challenged by Jesus not only to observe the Ten Commandments but also to give away all his possessions and then to follow Him.

In the reading from Mark verse 21 we read: "And Jesus looking upon him loved him and said to him..." St. John Chrysostom teaches that because Jesus loved the young man, He named the conditions which were specific to this young man. Likewise, we are our "brother's keeper' to the extent that we must keep a steadfast vision of each one's true self.

There is a divine Spirit in every person that is greater than any limitation and mightier than any circumstance. In this knowledge, we pray that we may behold the Christ in everyone.

Jesus wanted to help the young man and said what was needed. We, likewise, should ask ourselves: Is there someone whom we long to help today? Is someone we know in need of healing? Is a dear one in need of harmony, justice, peace of mind and guidance?

The greatest help we can give anyone is prayer. Every word of trust-filled prayer goes forth to accomplish good.

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You cannot change the past, but you can ruin a perfectly good present by worrying over the future.

PRESS FUND

We get many requests for contributions. Some of them enclosed a card to check and send back. They start the check off with $100 and go up in hundreds to $500 and then $1000. The Orthodox Herald does not have special mailing asking for help. We appreciate the unsolicited help we do get. We need them and we appreciate them. Spasebo to Dorothy Demianovich, Helen Cudlic, Dorothy Vanderpool, Julia Stefanick, Anne Nimick, Doris Daley, William Basara, Mary Ann Carmack, Ellen Molovitoff Miller, Mary Banks, Nancy Collins, Mr. & Mrs. John Eastone, Veronica Pirow, RN, Helen Boulavsky, Olga Peck, Mary Vera Stapleton, Michael Matson, Thomas Remchick, Mary Christini, John Gbur, Anonymous (2), Irene Allen, Steve Pasko, Mindora Burkhardt, Anna Bickel, Catherine Litvak, A. Zahirsky, Joseph Plefka. Eva Armstrong in memory of her parents, Julian and Mary Adamovich. Agnes Wozniak in memory of Gregory Wozniak; for health of Espositos, Viggos and Father and Matushka Timpko families. The Endicott Hill Avenue Gang in memory of Mr. George Rosko who dressed as St. Nicholas carrying two bags – one with candy, the other with coal – and visited all the houses, on his block on St. Nicholas Eve questioning the children as to their behavior and giving them something from either bag. He had no young children of his own, but he took it upon himself to make many children happy during the Depression years when gifts and candy were hard to come by and really appreciated. Father and Matushka Stroyen in memory of newly-deceased Helen Kidda, Bob Mamrock and John Dzwonczyk.

HYMN TO ST. NICHOLAS

O who loves Nicholas the saintly,
O who serves Nicholas the saintly,
Him will Nicholas receive,
And give help in time of need,
Holy Father Nicholas.

O who dwells in God's holy mansions,
Is our help on the land and oceans.
He will guard us from all ills,
Keep us pure and free from sins,
Holy Father Nicholas.

O kto, kto Nikolaja l' ubit,
O kto, kto Nikolaju sluzit,
Tomu svjaryj Nikolaj,
Na svjakij cas pomahaj,
Nikolaj, Nikolaj.

O kto, kto zivet v jeho dvori,
Pomoscnik na zeml' i i mori.
Izmet jeho ot napasti,
Ne dast' jemu v hrichi vpasti,
Nikolaj, Nikolaj.